



## MANAGING A GLUTEN FREE DIET AT SCHOOL

LET US HELP YOU NAVIGATE OUR MENU TO MAKE THE MOST NUTRITIOUS AND SAFE FOOD CHOICES FOR YOUR DIETARY NEEDS!

\*Please remember to fill out the Menu Modification Form on our website if you have a special diet request\*

### Gluten Free Breakfast Options

- Cereal Variety (Honey Nut Cheerios, Rice Chex, Lucky Charms)
- Milk Variety
- Cheese Stick
- Hard Boiled Egg
- Yogurt Variety

### Gluten Free Lunch Options

- Yogurt Plate
- Tuna and Chicken Salad
- Turkey or Ham Chef Salad
- Non Breaded Roasted Chicken
- Country Beef Roast with carrots
- Hamburger Patty
- Hot Dog
- Turkey and Ham Roll Ups
- Tacos with corn tortilla shell
- Nachos Grande (corn tortilla chips)

### GLUTEN FREE SIDE ITEMS:

TATER TOTS  
CRINKLE CUT FRIES  
UNSEASONED WAFFLE FRIES  
HASH BROWN ROUNDS  
LOADED MASHED POTATOES  
BAKED AND SWEET POTATO

FRUIT AND VEGATABLE VARIETY AVAILABLE DAILY

MILK AND JUICE VARIETY AVAILABLE DAILY

CONTACT THE SCHOOL NUTRITION DIETITIAN FOR MENU PLANNING, SPECIAL DIET REQUEST & QUESTIONS

CALL 386-329-0524

School Nutrition District Office

